



NHS TEST AND TRACE

Got coronavirus symptoms?

1 Start isolating

- You for 10 days
- Household for 14 days



Inform line manager

2 Book a test

- For essential workers (including NHS, Social Care, Police and Fire) visit: www.gov.uk/apply-coronavirus-test-essential-workers
- For care homes use the care home portal: www.gov.uk/apply-coronavirus-test-care-home
- Or call 119



Negative for COVID-19

- Household stops isolating immediately as long as no one else gets symptoms
- You stop isolating if you feel well



Positive for COVID-19

- Share contacts with NHS Test and Trace when contacted
- Inform your line manager as soon as possible

If you have been in close contact with someone who tests positive

1 You may be alerted by NHS Test and Trace

You do not need to self-isolate unless you are instructed to do so by the NHS Test and Trace service. But you should take extra care to follow social distancing advice, including washing your hands often. Close contact excludes circumstances where appropriate PPE is being worn, in accordance with current guidance on infection, prevention and control. In most circumstances close contact is being within 2 metres of somebody for a whole 15 minutes.



Inform line manager

2 Isolate for 14 days after close contact



Inform line manager if you develop symptoms (you isolate for 10 days from the start of symptoms, even if this means more than 14 days in total; household starts isolating for 14 days)

3 Book a test

- For essential workers (including NHS, Social Care, Police and Fire) visit: www.gov.uk/apply-coronavirus-test-essential-workers
- For care homes use the care home portal: www.gov.uk/apply-coronavirus-test-care-home
- Or call 119



Negative for COVID-19

- Household stops isolating immediately as long as no one else gets symptoms
- You stop isolating after the full 14 days if you feel well.



Positive for COVID-19

- Share contacts with NHS Test and Trace when contacted
- Inform your line manager as soon as possible